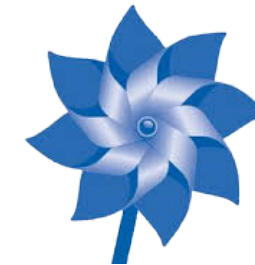




CELEBRATE CHILDREN 2023

(APRIL IS CHILD ABUSE PREVENTION MONTH)



SUN	MON	TUE	WED	THU	FRI	SAT
					Wear blue and take a family photo. Share on Facebook #wearblueday	Take a walk or go on a bike ride with your child
Praise your child for everything they do good	Go for a nature walk together & look for signs of spring	Make cards & send them to friends & family to stay connected	Establish a daily routine so your child knows what to expect	Explore online safety videos https://www.netsmartzkids.org/	Have a family game night	Take a virtual zoo or museum tour (many zoos and national parks have live cams)
Play a board game or complete a puzzle with your child	Call someone when you feel stressed, overwhelmed, or sad	Make a list of items and send the kids on a home hunt to find them all	Ask your child who is important to them and why	Make your child breakfast for dinner	Make popcorn and have a movie night	Visit PBS.org or National Geographic Kids for games and videos/stories
Give your child 5 hugs today	Share your phone # so people have someone to talk to if they get lonely	Teach your child to resolve conflict peacefully	Take your child to a playground or nearby park	Dial 2-1-1 to find organizations that support families in your area	Make a tent in the living room with blankets and pillows	Watch the sun go down together and wish upon a star
Ask your child to Tell you one thing they wish for and why	Cook or bake together	Make or color a pinwheel	Tell your child what makes them special to you	Read with your child	Play music and dance together	Tell your child you love them every day!